

Abstract

Training apparatus includes: a base stand which has slide shafts that are provided side by side and extend in the right-and-left directions; a slide base portion which can slide along this slide shaft; a foot stand which is provided over the slide base portion so as to be turned; a connection mechanism portion which is formed by a rod and its support portion that engages a substantially-middle proper part of the base stand in the right-and-left directions and the foot stand, so that the sliding position and the turning angle of the foot stand can be correlated; and a spring which gives the slide base portion the force by which the slide base portion moves toward a substantially-middle position of the base stand in the right-and-left directions. Thereby, a sliding exercise and a twisting exercise can be taken together, and the body trunk can be effectively trained.